

Zucchini And Tomatoes

Rating: ★★★★★

Makes: 4 servings

Ingredients

2 tablespoons butter (or margarine)
1/4 cup onion (chopped)
1 garlic clove (chopped)
1 pound zucchini (chopped)
2 tomatoes (peeled and diced, or a 16 ounce can of diced tomatoes, drained)
1/4 teaspoon salt
 black pepper (to taste)
1 teaspoon sugar

Directions

1. Melt butter in a saucepan over medium heat.
2. Add onion and garlic.
3. Cook until tender, about 5 to 7 minutes.
4. Add zucchini, tomatoes and seasonings.
5. Cover pan, reduce heat, cook until vegetables are tender, about 20 minutes.

University of Wyoming, Cooperative Extension, Cent\$ible Nutrition Cook Book, p.fv-40

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	90	
Total Fat	6 g	9%
Protein	2 g	
Carbohydrates	8 g	3%
Dietary Fiber	2 g	8%
Saturated Fat	3.5 g	18%
Sodium	211 mg	9%

MyPlate Food Groups

Vegetables	1 1/4 cups
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